

Write down your favourite Prayers

Selected Prayers
of the
Saints
and other prayers.

Compiled by Fr John



THE MATHES PRAYER

**God of love and hope,
Father of Jesus, our Lord and Saviour,
let me depend on you alone,
forgive me my sins,
and teach me to love you and others.
Heal the wounds of the world
and be present with my family and friends.
Strengthen me with your grace
and Holy Spirit
and reveal to me your will.
Grant me peace and wisdom
and in the end light and rest.
Amen.**

Fr John wrote the prayer
opposite.
Write your own family prayer
below and pray it daily with
your other devotions.

A large, empty rounded rectangular box with a black border, intended for writing a family prayer. The box is positioned below the prayer text and occupies the lower right portion of the page.

The Lord's Prayer

Traditional

Our Father,
 who art in heaven,
 hallowed be thy Name,
 Thy kingdom come,
 Thy will be done,
 on earth as it is in heaven.
 Give us this day our daily bread;
 And forgive us our trespasses,
 As we forgive them that trespass
 against us;
 And lead us not into temptation,
 But deliver us from evil.

Modern

Our Father in heaven,
 hallowed be your name,
 your kingdom come,
 Your will be done,
 on earth as in heaven.
 Give us today our daily bread.
 Forgive us our sins
 as we forgive those who sin against
 us.
 Save us from the time of trial
 and deliver us from evil.



Gracious Father,
 We pray to you for your holy Church.
 Fill it with your truth,
 Keep it in your peace.
 Where it is corrupt, reform it.
 Where it is in error, correct it.
 Where it is right, defend it.
 Where it is in want, provide for it.
 Where it is divided, reunite it;
 For the sake of your Son,
 our Saviour Jesus Christ. **Amen**
(William Laud d.1645)

Prayer when you wake

The night has passed, and the day lies
 open before us; let us pray with one heart
 and mind.
silence is kept.
 As we rejoice in the gift of this new day,
 so may the light of your presence, O God,
 set our hearts on fire with love for you;
 now and for ever. **Amen.**

Going to bed

Save us, Lord, while we are awake;
 protect us while we are asleep; that we
 may keep watch with Christ and rest with
 him in peace.

Prayers of the Saints

The Saints are holy men and women, whom the church raises up as role models and guides on the journey to God in holiness. The Saints, in spite of their human weakness and failures, lived the Christian life with deep love. The prayers of the saints can help us to pray and to grow closer to God.

This book should not be read from cover to cover in one sitting, but used as a resource book to aid private prayer. I encourage you to avoid going from prayer to prayer without taking time to listen, reflect and wonder. A strategy to use these prayers might be to quietly read a prayer, stop to reflect and wonder on the prayer, then read it aloud and add your prayers to the prayers of the Saint. FJ

We beg you, Lord, to help and defend us. Deliver the oppressed, pity the insignificant, raise the fallen, show yourself to the needy, heal the sick, bring back those of your people who have gone astray, feed the hungry, lift up the weak, take off the prisoners' chains. May every nation come to know that you alone are God, that Jesus Christ is your child, that we are your people, the sheep that you pasture.
(St Clement of Rome - died 95ad)

Bestow, O God, thy refuge:
 And in refuge strength:
 And in strength, reason:
 And in reason, light:
 And in light, truth:
 And in truth, justice:
 And in justice, love:
 And in love, the love of all things:
 And in the love of all things,
 the love of God:
 And in the love of God, all blessedness.
(early Celtic Prayer)

God the Father of our Lord Jesus Christ; increase us in faith and truth and gentleness, and grant us part and lot among the saints.
(St Polycarp 69-155)



Remember Lord, your church, to deliver her from all evil, and to perfect her in your love, and gather together from the four winds her sanctified ones into your kingdom; for thine is the power and the glory for ever.
(The Didache c100)

The Lord grant that we may believe in our hearts, declare with our mouths and prove by our deeds that his covenant with us has been sealed in our flesh. May everyone see that what we do is good and praise our Father in heaven for it, through Jesus Christ our Lord, to whom glory will be given throughout eternity.

(Origen - died 253)

Almighty God, who hast given us grace at this time with one accord to make our common supplication unto thee, and dost promise, that when two or three are gathered together in thy name thou wilt grant their request: Fulfil now, O Lord, the desires and petitions of thy servants, as may be most expedient for them, granting us in this world knowledge of thy truth, and in the world to come life everlasting.
(*St Chrysostom 347-407*)

Christ, be with me, Christ before me,
Christ behind me, Christ within me,
Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ in my lying down,
Christ in my sitting,
Christ in my rising up;
Christ in the heart
of everyone who thinks of me,
Christ in the mouth
of every one who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.
May your salvation, O Lord,
be ever with me.
(*St Patrick 389-461*)

Lord, be with us this day,
Within us to purify us;
Above us to draw us up;
Beneath us to sustain us;
Before us to lead us;
Behind us to restrain us;
Around us to protect us.
(*St Patrick 389-461*)



May the strength of God pilot us,
May the power of God preserve us,
May the wisdom of God instruct us,
May the hand of God protect us,
May the way of God direct us,
May the shield of God defend us,
May the host of God guard us
against the snares of evil
and the temptations of the world.
(*St Patrick 389-461*)

O gracious and holy God,
Give us diligence to seek you,
wisdom to perceive you,
and patience to wait for you.
Grant us, O God,
a mind to meditate on you;
eyes to behold you;
ears to listen for your word;
a heart to love you;
a life to proclaim you;
through the power of the Spirit
of Jesus Christ our Lord. Amen.
(*St Benedict 480-550*)

Alone with none but thee, my God,
I journey on my way.
What need I fear, when thou art near
O king of night and day?
More safe am I within thy hand
Than if a host did round me stand.
(*St Columba 521-97*)

Almighty Father, Son and Holy Spirit,
eternal ever blessed gracious God; to me
the least of saints, to me allow that I may
keep a door in paradise. That I may keep
even the smallest door, the furthest, the
darkest, coldest door, the door that is
least used, the stiffest door. If so it be
in thine house, O God, if so be that I can
see thy glory even afar, and hear thy
voice O God, and know that I am with
thee, thee O God.
(*St Columba, 521-97*)

Blessings over food before eating

Lord God, giver of all good things,
may we who share at this table
like pilgrims here on earth
be welcomed with your saints
to the heavenly feast.
Amen.

God bless our food;
God bless our drink;
And keep our homes
and ourselves
in your embrace,
O God. Amen.
(*St Brigid c450*)

Bless, O Lord,
this food we are about to eat,
and we pray you, O God
that it may be good
for our body and soul;
and if there is any poor creature
hungry or thirsty walking the road
may God send them in to us
so that we can share the food
with them,
just as Christ shares His gifts
with all of us.
Amen.
(*Celtic*)

Heavenly Father,
we thank you for this food,
for this drink and for everything.
Amen

Blessed art thou, O Lord our God,
King of the Universe, who bringest forth
food from the earth.
(*Jewish*)

Come, God, be our guest;
May our food thus be blessed.

Bless us, O Lord,
and these your gifts,
which we are about to receive
from your bounty.
Through Christ our Lord. Amen.

Blessed are you, Lord God, king of the
Universe: you raised your beloved Son
from the dead, and you made him Lord
of all. We turn to you in prayer and ask
you to bless us and this food you have
given us. Help us to be generous
towards others and to work with them so
that they too may eat well. Amen

After Meals

Father, for our food we thank you, and
for our joys: help us love you more.
Amen.

Lord, give all people the food they need,
so that they may join us in giving you
thanks. Amen.



Grant, we beseech thee, Almighty God, that like as we do believe thy only -be-gotten Son our Lord Jesus Christ to have ascended into the heavens; so we may also in heart and mind thither ascend, and with him continually dwell, who liveth and reigneth with thee and the Holy Ghost, one God, world without end. Amen.
(Ascension Day)

God, who as at this time didst teach the hearts of thy faithful people, by the sending to them the light of thy Holy Spirit; Grant us by the same Spirit to have a right judgement in all things, and evermore to rejoice in his holy comfort; through the merits of Christ Jesus our Saviour, who liveth and reigneth with thee, in the unity of the same Spirit, one God, world without end. Amen.

(BCP Whit-Sunday)

Almighty and everlasting God, who hast given unto us thy servants grace by the confession of a true faith to acknowledge the glory of the eternal Trinity, and in the power of the Divine Majesty to worship the Unity; We beseech thee, that thou wouldest keep us steadfast in this faith. and evermore defend us from all adversities, who livest and reignest, one God, world without end. Amen

(BCP Trinity Sunday)

O Lord, who never failest to help and govern them whom thou dost bring up in thy steadfast fear and love; Keep us, we beseech thee, under the protection of thy good providence, and make us to have a perpetual fear and love of thy holy Name; through Jesus Christ our Lord. Amen.

(BCP Trinity 2)



O God, who hast prepared for them that love thee such good things as pass man's understanding; Pour into our hearts such love toward thee, that we, loving thee above all things, may obtain thy promises, which exceed all that we can desire; through Jesus Christ our Lord. Amen.
(BCP Trinity 6)

ALMIGHTY and everlasting God, give unto us the increase of faith, hope, and charity; and, that we may obtain that which thou dost promise, make us to love that which thou dost command; through Jesus Christ our Lord. Amen.

(BCP Trinity 14)

O God, forasmuch as without thee we are not able to please thee; Mercifully grant, that thy Holy Spirit may in all things direct and rule our hearts; through Jesus Christ our Lord. Amen.

(BCP Trinity 19)

Stir up, we beseech thee, O Lord, the wills of thy faithful people; that they, plenteously bringing forth the fruit of good works, may of thee be plenteously rewarded; through Jesus Christ our Lord. Amen.

(BCP Trinity 25)

O Almighty God, who hast knit together thine elect in one communion and fellowship, in the mystical body of thy Son Christ our Lord; Grant us grace so to follow thy blessed Saints in all virtuous and godly living, that we may come to those unspeakable joys, which thou hast prepared for them that unfeignedly love thee; through Jesus Christ our Lord. Amen.

(BCP All Saints Day)

We beseech thee, O Lord, pour thy grace into our hearts; that, as we have known the incarnation of thy Son Jesus by the message of an angel, so by his cross and passion we may be brought unto the glory of his resurrection; through the same Jesus Christ our Lord. Amen.

(BCP Annunciation)



Eternal Light, shine into our hearts,
Eternal Goodness, deliver us from evil,
Eternal Power, be our support,
Eternal Wisdom, scatter the darkness of our ignorance
Eternal Pity, have mercy on us;
that with all our heart and mind and soul and strength we may seek thy face, and be brought by thine infinite mercy to thy holy presence; through Jesus Christ our Lord.

(Alcuin of York 735-804)

O Lord our God,
grant us grace to desire you
with our whole heart,
that so desiring,
we may seek and find you;
and so finding you we may love you;
and loving you we may hate those sins
from which you have redeemed us;
for the sake of Jesus Christ.
Amen.

(St Anselm 1033-1109)



Lord,
make me an instrument of your peace.
Where there is hatred, let me sow love,
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.
O divine Master,
Grant that I may not so much seek
To be consoled, as to console,
To be understood, as to understand,
To be loved, as to love,
For it is in giving that we receive;
It is in pardoning that we are pardoned;
It is in dying that we are born to eternal life.

(St Francis of Assisi 1182-1226)



Almighty, eternal, just and merciful God,
grant to us poor sinner, by your will to do
what we know you wish, and ever to
wish what pleases you; so that, purified
in soul, enlightened within and set on
fire by the Holy Spirit, we may follow the
footsteps of your Son, our Lord Jesus
Christ, and come to you, Most High, by
your grace alone. For you live and reign
and are glorified, in perfect Trinity and
simple Unity, Almighty God, for ever and
ever.

(St Francis of Assisi 1182-1226)



Prayer before a Crucifix

O high and glorious God,
enlighten my heart,
Give me unwavering faith,
sure hope,
perfect love,
deep humility,
wisdom and knowledge,
that I may keep your commandments.
Amen.

St Francis of Assisi (1182-1226)

Day by day,
O dear Lord,
three things I pray:
to see you more clearly,
love you more dearly,
follow you more nearly,
day by day.

*(St Richard of Chichester
1197-1253)*

Merciful Lord, forgive us all our sins that we have done, thought, and said. O glorious Trinity, send us cleanness of heart and purity of soul; restore us with thy Holy Spirit, and strengthen us with thy might, that we may always withstand evil temptations; comfort us with thy Holy Spirit and fulfil us with grace and charity, that we may henceforth live virtuously and love thee with all our heart, with all our might, and with all our soul, so that we may never offend thee, but ever follow thy pleasure in will, word, thought, and deed. Now grant us this, good Lord, that art infinite, which eternally shall endure; through Jesus Christ our Lord.

(Richard Rolle 1290-1349)

God of thy goodness, give me thyself; for thou art enough to me, and I may nothing ask that is less than may be full worship to thee; and if I ask anything that is less, ever me wanteth; but only in thee I have all

(Julian of Norwich 1342-1416)

O God, the Holy Spirit, most loving comforter of the fainthearted, I beseech thee to turn that which is evil in me into good, and that which is good into that which is better, turn my mourning into joy, my wandering feet into the right path, my ignorance into knowledge of thy truth, my lukewarmness into zeal, my fear into love, all my material good into a spiritual gift, all my earthly desires into heavenly, all that is transient into that which lasts for ever, everything human into that which is divine, everything created and finite into that sovereign and immeasurable good which thou thyself art, O my God and my Saviour.

(Thomas a Kempis 1379-1471)

Collects from the Book of Common Prayer

ALMIGHTY God, give us grace that we may cast away the works of darkness, and put upon us the armour of light, now in the time of this mortal life, in which thy Son Jesus Christ came to visit us in great humility; that in the last day, when he shall come again in his glorious Majesty to judge both the quick and the dead, we may rise to the life immortal, through him who liveth and reigneth with thee and the Holy Ghost, now and ever. Amen. *(BCP Advent 1)*

Almighty God, who hast given us thy only-begotten Son to take our nature upon him, and as at this time to be born of a pure Virgin; Grant that we being regenerate, and made thy children by adoption and grace, may daily be renewed by thy Holy Spirit; through the same our Lord Jesus Christ, who liveth and reigneth with thee and the same Spirit, ever one God, world without end. Amen. *(BCP Christmas Day)*

O God, who by the leading of a star didst manifest thy only-begotten Son to the Gentiles; Mercifully grant, that we, which know thee now by faith, may after this life have the fruition of thy glorious Godhead; through Jesus Christ our Lord. Amen. *(BCP Epiphany)*

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent; Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

(BCP Ash Wednesday)

Almighty God, who seest that we have no power of ourselves to help ourselves; Keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord. Amen. *(BCP Lent 2)*

Almighty and everlasting God, who, of thy tender love towards mankind, hast sent thy Son, our Saviour Jesus Christ, to take upon him our flesh, and to suffer death upon the cross, that all mankind should follow the example of his great humility; Mercifully grant, that we may both follow the example of his patience, and also be made partakers of his resurrection; through the same Jesus Christ our Lord. Amen.

(Sunday next before Easter)

Almighty God, who through thine only begotten Son Jesus Christ hast overcome death, and opened unto us the gate of everlasting life; We humbly beseech thee, that, as by thy special grace preventing us thou dost put into our minds good desires, so by thy continual help we may bring the same to good effect; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Ghost, ever one God, world without end. Amen.

(BCP Easter Day)

Almighty Father, who hast given thine only Son to die for our sins, and to rise again for our justification; Grant us so to put away the leaven of malice and wickedness, that we may always serve thee in pureness of living and truth; through the merits of the same thy Son Jesus Christ our Lord. Amen.

(BCP Easter 1)



Praying with Our Lady

Walsingham Prayer

Mary, recall the solemn moment when Jesus your divine Son, dying on the cross, confided us to your motherly care. You are our Mother, we desire ever to remain your devoted children. Let us therefore feel the effects of your powerful intercession with Jesus Christ. Make your name glorious in this place by your visits, favours and many miracles.

Pray, O holy Mother of God, for the conversion of this Parish, restoration of the sick, consolation for the afflicted, repentance of sinners, peace to the departed, O blessed Mary, Mother of God, Our Lady of Walsingham, intercede for us. Amen.

The Regina Caeli (In Eastertide)

Queen of Heaven rejoice. **Alleluia !**
The Son whom it was your privilege to bear. **Alleluia !**
Has risen as he said. **Alleluia !**
Pray to God for us. **Alleluia !**
Rejoice and be glad, Virgin Mary.
Alleluia !
For the Lord has truly risen. **Alleluia !**

Let us pray,
O God, you were pleased to give joy to the world through the resurrection of your Son, our Lord Jesus Christ. Grant that through the intercession of the Virgin Mary his mother, we too may come to possess the joys of life everlasting. Through the same Christ our Lord. Amen.

The Angelus

The angel of the Lord brought tidings to Mary:

And she conceived by the Holy Spirit.

Hail Mary, full of grace, the Lord is with you. Blessed art you among women, and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God, pray for us sinners now and at the hour of our death.

Behold the handmaid of the Lord.

Be it unto me according to your word.

Hail Mary...

And the Word became flesh.

And dwelt among us.

Hail Mary...

Pray for us, O holy Mother of God.

That we may be made worthy of the promises of Christ.

Let us pray,
We beseech you, O Lord, pour your grace into our hearts; that as we have known the Incarnation of your dear Son Jesus Christ by the message of an angel, so by his + cross and passion we may be brought to the glory of his resurrection; through the same Christ our Lord. Amen.



Grant us, O Lord, to know that which is worth knowing, to love that which is worth loving, to praise that which pleases thee most, to esteem that which is most precious unto thee, and to dislike whatsoever is evil in thine eyes. Grant us, with true judgement, to distinguish things that differ, and above all to search out and do that which is well pleasing unto thee, through Jesus Christ our Lord.

(Thomas a Kempis 1379-1471)

God be in my head,
And in my understanding;
God be in mine eyes,
And in my looking;
God be in my mouth,
And in my speaking;
God be in my heart,
And in my thinking;
God be at mine end,
And in my departing.

The Knights Prayer 15 C

O Lord Jesus Christ,
who is the Way,
the Truth and the Life,
we pray you suffer us not to stray
from you who is the Way,
nor to distrust you who is the Truth,
not to rest in any other thing than you,
who is the Life.
Teach us by the Holy Spirit
what to believe, what to do
and wherein to take our rest.
Amen.

(Erasmus 1469-1536)

O Lord our God,
give us by your Holy Spirit
a willing heart and a ready hand
to use all your gifts to your praise and
glory;

through Jesus Christ our Lord.
(Archbishop Cranmer 1489-1556)

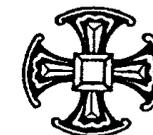
O most dear and tender Father, our defender and nourisher, endue us with thy grace, that we may cast off the great blindness of our minds, and carefulness of worldly things, and may put our whole study and care in keeping of thy holy law; and that we may labour and travail for our necessities in this life, like the birds of the air and the lilies of the field, without care. For thou hast promised to be careful for us; and hast commanded that upon thee we should cast our care, who livest and reignest, world without end.

(King Henry VIII 1491-1547)

Lord Jesus Christ,
take all my freedom,
my memory, my understanding,
and my will.
All that I have and cherish
you have given me.
I surrender it all to be guided by your
will.

Your grace and your love
are wealth enough for me.
Give me these Lord
and I ask for nothing more.
(St Ignatius of Loyola 1491-1556)

Teach us good Lord,
to serve you as you deserve;
to give and not to count the cost;
to fight and not to heed the wounds;
to toil and not to seek for rest;
to labour and to ask for no reward,
save that of knowing that we do your
will; through Jesus Christ our Lord.
Amen.
(St Ignatius of Loyola 1491-1556)



Christ has no body now on earth
but ours,
no hands but ours,
no feet but ours;
ours are the eyes
through which to look at Christ's
compassion to the world,
ours are the feet with which
he is to go about doing good,
and ours are the hands
with which he is to bless us now.

(St Teresa of Avila 1515-1582)

Preserve me, thy servant, from all evil,
lead me into all good; change my
sorrows into comforts; my infirmity into
spiritual strength; take all iniquity from
me and let thy servant never depart
from thee. I am thine, O save me; I am
thine, sanctify and preserve me for
ever; that neither life nor death, health
nor sickness, prosperity or adversity,
weakness within nor cross accidents
without, may ever separate me from
the love of God which is in Christ
Jesus our Lord.

(Jeremy Taylor 1613-1667)

Deliver us, O God from a lazy mind, all
lukewarmness of heart, and all
depression of spirit. We know that
these must deaden our love for you;
mercifully free our hearts from them all,
and give us such a lively, fervent and
cheerful spirit that we may vigorously
perform what ever you command,
thankfully suffer whatever you choose
for us, and always be eager to obey
your holy love in all things; through
Jesus Christ our Lord. Amen.

(John Wesley 1703-1791)

Stay with me, and then I shall begin to
shine as thou shinest: so to shine as to
be a light to others. The light, O Jesus,
will be all from thee. None of it will be
mine. No merit to me. It will be thou who
shinest through me upon others. O let me
thus praise thee, in the way which thou
dost love best, by shining on all those
around me. Give light to them as well as
to me; light them with me through me.
Teach me to show forth thy praise, thy
truth, thy will. Make me preach thee
without preaching - not by words, but by
my example and by the catching force,
the sympathetic influence, of what I do -
by my visible resemblance to thy saints,
and the evident fullness of the love which
my heart bears to thee.

(John Henry Newman 1801-1890)

O Lord, support us all the day long of this
troubled life, until the shades lengthen,
and the evening comes, and the busy
world is hushed, the fever of life is over,
and our work is done. Then, Lord, in thy
mercy, grant us safe lodging, a holy rest,
and peace at last; through Jesus Christ
our Lord.

(John Henry Newman 1801-1890)

Lord Jesus Christ,
the Master Carpenter of Nazareth,
on a cross through wood and nails
you have wrought our salvation;
wield well your tools
in this your workshop,
so that we,
who come to you rough-hewn,
may by you be fashioned
according to your will;
for the sake of your tender mercy. Amen.

(C.I.T.C School, Nairobi)

Lord Christ, at times we are like
strangers on this earth, disconcerted by
all the violence and harsh oppositions.
Like a gentle breeze, you breathe upon
us the Spirit of peace. Transfigure the
deserts of our doubts and so prepare us
to be bearers of reconciliation, wherever
you place us, that the hope of peace
may arise in our world. Amen.

(Bro Roger of Taize)



Breathing Prayers

To pray Breathing Prayers just sit still
with a straight back and good posture.
Relax and gently follow your breathing
for a little while. Then let the words of
the prayer accompany each breath. You
may need to say it several times before
you can find the right rhythm to fit into
your breathing.

Simply repeat the prayer as many
times as you like for a minimum of 5
minutes. Breath in and say "Lord Jesus
Christ, Son of the living God" Breath out
and say "have mercy on me, a sinner"

LORD JESUS CHRIST,
SON OF THE LIVING GOD
HAVE MERCY ON ME, A SINNER

A shorter version is

LORD JESUS CHRIST
HAVE MERCY ON ME

What shall I give you, Lord,
In return for your kindness?
Glory to you for your love.
Glory to you for your patience.
Glory to you for forgiving us all our sins
Glory to you for coming to save our
souls.
Glory to you for your incarnation in the
virgin's womb
Glory to you for your bonds.
Glory to you for receiving the cut of the
lash.
Glory to you for accepting mockery.
Glory to you for your crucifixion.
Glory to you for your burial.
Glory to you for your resurrection .
Glory to you that you were preached to
all.
Glory to you in whom they believed.
(St Ephrem the Syrian c306-373)

Rejoice, heavenly powers !
Sing, choirs of angels !
Exult, all creation around God's throne!
Jesus Christ, our King, is risen !
Sound the trumpet of salvation !

Rejoice, O earth, in shining splendour,
radiant in the brightness of your King !
Christ has conquered ! Glory fills you !
Darkness vanishes for ever !

Most blessed of all nights,
when wickedness is put to flight
and sin is washed away,
lost innocence regained,
and mourning turned to joy.

(From the Exsultet from the Easter Vigil)

May the bright Light of Christ
Who is risen in glory,
Scatter the darkness from our hearts
and minds
and from this world.

(Easter Day)